



Third Year

Date: 22/ 1 / 2020

Time: 3 hours

Benha University

C. H. Ng. Department

Geriatric Health Nursing Final Exam

All question should be answered

(Total marks 80)

I- Put (T) if the statement is true and (F) if False

(15 Marks)

1	People over 65 years should be encouraged to receive a yearly pneumonia vaccine and the flu vaccine which is recommended every 5 years.
2	Ethical dilemma is one where making a decision could cause harm to other or Cause internal conflict.
3	Decrease secretion of aldosterone contributes to decrease water re-absorption in old age.
4	Bone mineralization occurs with older adult.
5	Sarcopenia means loss of bone mass.
6	Ovaries and uterus decreases in size and weight with elderly women.
7	Climacteric occurs after menopausal period.
8	Geriatric nursing reflect the broader scope of nursing care rather than a focus on disease conditions.
9	Problem focused coping strategies attempt to change or eliminate stressful event.
10	Assistive technologies used for promoting quality of life for older adult.
11	Naturopathy is the basis for immunization and allergy desensitization.
12	Wear and tear theory describe the ability to replicate and function of body systems
13	The biological theory mainly affected by extrinsic changes
14	People who function at higher levels of competence can tolerate decrease environmental demands.
15	Leaving tasks incomplete is a form of behavioral signs of stress

10	9	8	7	6	5	4	3	2	1
T	T	f	f	t	F	F	f	T	F.

11	12	13	14	15
f	t	f	f	t

II- Match the correct answer in column (A) with corresponding answer in column (B) (10 marks)

	column (A)		column (B)
1	Environmental modifications	a	Is a type of assistive technology used for controlling an individual's environment
2	Gernotological rehabilitation nursing	b	Alerting physiologic responses through mental procedures
3	Palliative care	c	are health promotion activities when they reduce risks or improve a person's level of functioning
4	Computer based technology	d	Correct disease state and prevent further deterioration
5	Bio feedback	e	Protect communication and data from publication
6	Tertiary prevention	f	Combines basic knowledge and skills of nursing to care of old age in both illness and health
7	Gernotological nursing	g	is a complex developmental and multifaceted process that develops over life span
8	Coping	h	is the care of patients with active, progressive, far-advanced disease and a short life expectancy
9	Hospice nurse	i	Combines expertise in gernotology to prevent complications of disease
10	Confidentiality	j	Provides comprehensive care to terminally ill patient

1	2	3	4	5	6	7	8	9	10
c	i	h	a	b	d	f	G	J	e

II- Choose the best answers: -

(20 Marks)

1- Nursing instructor is teaching nursing students about principles of ethics in health care and tells them the important principle of ethics in taking care of patients is decreasing harm. **This principal of ethics is:**

- a- Autonomy
- b- Beneficence**
- c- Justice
- d- Confidentiality

2- Musculoskeletal system changes of older adults include:

- 1- Sarcopenia
- 2- Porous bone
- 3- Increase bone mass
- 4- Decrease resilience

a) 1,3,4

b) 1,2,4

c) 1,2,3

d) 1,2,3,4

3- Nervous system changes of older adults include:

- 1- Increase sensory receptors for temperature and pain
- 2- Increase in neurotransmitters and nerve conduction
- 3- Increase number of nightmares particularly for women
- 4- Increased sensitivity to noises, fatigue

a) 1,2,3

b) 2,3,4

c) 1,3,4

d) 1,2,4

4- Cardiovascular system changes among older adults include:

- 1-Stiffer of blood vessels
- 2-Stiffer of heart muscles
- 3-Orthostatic hypertension
- 4-Heart murmurs

a)1,3,4 b) 2,3,4 c) 1,2,3 d) 1,2,4

5- Behavioral determinants affecting aging and the quality of life:

- 1-Physical activity
- 2-Smoking and alcohol
- 3-Biological factors
- 4-Medication adherence

a)1,3,4 b) 2,3,4 c) 1,2,3 d) 1,2,4

6-Cognitive signs of stress include:

- 1-Miss obvious details
- 2- Developing tunnel vision.
- 3-Short-tempered
- 4- Making poor choices.

a)1,3,4 b) 2,3,4 c) 1,2,3 d) 1,2,4

7-Assistive technology encompasses a broad range of devices from low technology to

- a- Low technology
- b- Moderate technology
- c- Advanced technology
- d- All of the above

8- The relevance of psychological theories is:

- a- Nurses use it as a framework for addressing certain issues, such as response to losses.
- b- Nurses can assess coping mechanisms and plan interventions to facilitate healthy adjustments.
- c- Provide a basis for identifying ways to use the nursing process
- d- Nurses view older adults are influenced by the society in which they live

9-When introducing a new device and teaching the elderly about it you must stress on:

- a- Practical application
- b- Practical features
- c- Practical device
- d- Practical effectiveness

10-Older adults still want to have

- a- Fun
- b- Socially interact
- c- Connected to the world
- d- All of the above

11-Which of the following consider a negative attitude from community toward older adults

- a- Aging process
- b- Aging
- c- Ageism
- d- Aged

12- Genetic theory concerned with:

- a- The number of cell division takes place
- b- The ability of body to repair its systems
- c- Weakens of defense mechanisms
- d- The connections of specific diseases and aging processes.

13- Disengagement theory means:

- a- The older adults interact more among themselves
- b- Withdrawal of older adults from productive activities
- c- Well integrated into the larger society
- d- Maintaining to continue in a healthy life.

14- Socio-economic needs for elderly people includes:

- a- Security as warm and loving
- b- Dignity and self- concept
- c- Encourage live for some other persons
- d- Needs for advising and teaching others

15- Basic principles of older care are:

- a- Elevating self-care limitation
- b- Eliminating multidisciplinary approach
- c- Physical, mental and social independence
- d- Providing services when demands cannot be met dependently

16- Misconceptions about older adults include:

- a- Individualized care
- b- Older people age productive or active
- c- Fewer elderly have elevating intellectual care
- d- Older age are meaning of oldness

17- The scope of health promotion interventions for older adults includes:

- a- Engaging in screening and preventive services
- b- Capacity rather than incapacity
- c- Discussion about the person's awareness of the problem
- d- Actions to facilitate change

18- Factors that inhibit palliative care team success:-

- a. Role definition
- b. Communication
- c. Conflict
- d. Resources

19- The principles of ethics are:

- a. Take decision regarding health services
- b. Equality distribution health services
- c. Publication the data
- d. Minimizing benefit and risks

20- Rights of older adult patients are:

- a. Privacy and confidentiality
- b. access to community services
- c. Physical and chemical restrain
- d. Neglect and abuse

1	2	3	4	5	6	7	8	9	10
B	B	C	d	c	d	c	a	a	d
11	12	13	14	15	16	17	18	19	20
c	A	B	b	c	d	a	c	b	a

III- Complete the following: -

(20 Marks)

1- Guidelines to teach the older adults about using assistive technology

- The use of technology must be perceived as needed and meaningful and must be linked to the lifestyle of the person.
- A generous amount of time as well as repeated short training sessions should be allowed.
- More stress should be placed on the practical application of the device than on its technical features.
- Only selective, central facts should be presented.
- Training sessions should be held in the home or natural meeting places of the elderly
- The instructor should well-known by the elderly
- The attitudes of the instructors toward the aged must be positive and realistic.

2- Principles of reality orientation are :

- 1-** Provide a calm environment without excessive stimulation.
- 2-** Establish and maintain a regular routine.
- 3-** Phrase questions and answers clearly and concisely.
- 4-** Speak directly to the client.
- 5-** Provide clear instructions or directions.
- 6-** Provide frequent reminders of date, time, and place.
- 7-** Refocus the client on reality and prevent rambling speech.
- 8-** Be firm, but gentle.
- 9-** Be sincere.

Be consistent

3-Potential benefits of telehealth for older adults include the following:

1. Increased access to health care services for people who live in rural areas and remote communities and for those who have mobility or transportation limitations.
2. Improved follow-up and monitoring in home care settings
3. Greater autonomy for older adults and their caregivers in accessing health care.
4. Reduced rate of admission to hospital and long-term care
5. Reduced cost of health care

4-Purpose of active aging program is:

- 1- Help people remain independent and active as they age
- 2- Encourages older individuals to continue to work according to their capacity
- 3- Delay disabilities and chronic diseases.
- 4- Recognize the need to encourage individuals to plan and prepare for older age and to choose healthy lifestyles.
- 5- Enhance and ensure one's quality of life in later years.

5-The goals of palliative care are:

1. Maximize the quality of life.
2. Managing physical symptoms such as pain.
3. Provide emotional, spiritual, and psychological support.
4. Provide social care, including help with things like washing, dressing or eating.
5. Works as a support system that help families and friends to cope with the patients' illness.

Situation (I): during your field work as a geriatric nurse you met Mr. Mohamed 65 years old, in urology out-patient clinic, he was complain from oliguria, and increasing blood urea, his treatment was referral to hemodialysis unit;

In the light of this situation:

Discuss the role of geriatric nurse according three level of prevention?

Secondary prevention

Tertiary prevention

"Good Luck"

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